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AN ADDRESS BY DR. PORTER.

STATE HEALTH OFFICER GIVES
SOME GOOD POINTS ON

PREVENTION OF DISEASE

This Is The Time Of The Year When
Everyone Should Be Careful as the
Public Health.

To Property-Owners, House-holders
and all citizens of Florida:

The summer months embrace a period of the year when through atmospheric changes and elevated temperature, fermentation and putrefaction occurs rapidly, and is likely to produce sickness of many kinds. It should therefore be the care of all householders to keep their premises clean and clear of any fermentative trash and filth. House wives should pay careful attention to the sanitation of both the inside and outside of their homes. Cleanly premises are as essential to health as personal hygienic measures. Ventilation and sunlight are nature's healthful aids, and current of fresh air with sun light reduce the transmission of infection. Daily or by daily bathing of the body not only conduces to comfort but removes effete particles from the skin which are cast off from the body through the medium of perspiration and which should not be allowed to accumulate and saturate underclothing. This latter should be frequently changed if good health is desired, especially by those persons who exercise violently or work and who perspire freely.

House wives should not content themselves with dusting and with clean floors. Water closets should be looked after and kept disinfected. Clothes closets should be aired and kept free from trash, and articles which may harbor insect life.

The family refrigerator should be particularly looked after. To keep this article of butler pantry perfectly clean and sweet should be the first care of all good house wives and house keepers, for it can easily become foul and be a menace to both the older as the younger members of the family through ptomaine absorption and poisoning. Mothers especially should give the refrigerator the greatest attention, and should prohibit the keeping of fish, fruit vegetables, meat and milk in the same compartment. Milk easily absorbs odors and taint from eatables which may be in the same space, and therefore should be kept to itself in tightly closed rubber basket bottles or vessels and on the ice. Unless cows milk is certified for purity by city inspector or laboratory examination, or is produced on a farm under the immediate supervision of the owner, it is safer to the health of the child as far as infant feeding is concerned, not to use cow's milk at all. Condensed milk which must be sterilized to acquire its preparation for canning, is a far safer article of food for bottle fed babies, and as condensed milk is graded in fats and sugar it is very easy to find out which particular brand will agree with the baby.

Fruits when naturally ripe and sound are healthful in summer, there are but few fruits which disagree with the digestive organ of the adult human or child when ripe; occasional idiosyncrasies are met with, and in such cases persons will do well to shun those articles whether of fruit, fish, meat or vegetables which taxes the digestive organs beyond their natural capacity to healthfully assimilate.

Do not over eat. Nature provides succulent plants and fruits in summer because there is not that need or demand for stronger diet as there is in the colder season of the year when the heat producing functions of the body must be stimulated. Fruits and vegetables will assist nature in keeping the bowel of function in good working order and in healthful condition, thus sparing the individual from resorting to frequent purgation and many patent nostrums, which always leave the system in a worse condition than before taking.

It is no longer a theory or a "fad" of some "crank" doctors, that certain mosquitoes carry disease, by acting as intermediary hosts, to the human being. Mosquitoes of the genus Anopheles (which means vagrant or worthless) do convey when infected, the malarial parasite to the human. This has been proven beyond any shadow of a doubt, as has also the fact that the Stegomyia genus of mosquito conveys when infected the germ—perhaps parasite—of yellow fever in the same way dengue is thought to be conveyed by the genus Fatigans, and it has not as yet been determined how many more of these same kinds and descrip-

tion of fevers may not, although now unknown, be conveyed to the human through the mosquito acting as a means of transmission. These scientific facts should not be pooh-poohed or ignored by the people. They are not only worthy of thought but of deliberate and careful heeding. A single female mosquito will lay a sufficient number of eggs in a water pitcher in an unused bed room to not only fill the house with her offsprings but supply the neighbors within the radius of the square. So too will old cans lying about the yards, or saucers of ornamental pot plants, and receptacles which oftentimes a careful house wife sets the table legs in to escape the sugar or other sweets ravages of ants, supply a breeding place for millions of mosquitoes. Standing water of any kind whether fresh or brackish, will afford the female mosquito an opportunity to propagate her species, for she must have water to lay her eggs in or upon. No water, no mosquitoes, may therefore, be accepted as an axiom.

If therefore each citizen of Florida will constitute himself or herself a mosquito destroyer, by looking after little details of mosquito propagation, the mosquito pest will be considerably lessened in the State, and particularly in that portion of the State where artesian wells are plentiful and rain water is not required for portable purposes. Where brick cisterns or wooden tanks are required to store rain water, the female mosquito can be prevented from depositing her eggs therein by screening the cistern or tank with air gauge mesh, 16 to 18 inch, and by using kerosene oil in small quantities on the surface of the water, say about a teaspoonful to about 15 square feet of water surface. The wire screening will prevent the depositing of eggs, and kerosene oil will prevent the hatching out of any which may have gotten into the tank as the "wigglers" cannot get to the surface to breathe, and consequently will die.

Attention to mosquito prevention and destruction will lessen and in time effectually rid a community of malarial reputation. So too will a hindering of mosquitoes prevent yellow fever from spreading, where the particular species of mosquitoes which convey yellow fever exists and are abundant. No one should sleep and particularly at night where mosquitoes exist never mind of what species, without a net, and care should be taken to see that no mosquitoes have gotten into the net after it has been lowered about the bed.

The malarial mosquito and the yellow fever mosquito do their work of infection after 5 o'clock in the afternoon and before daylight the next morning; in other words, during the hours of darkness and semi-darkness. If this fact is remembered and a little care taken never mind what the alluvial condition may be or what the miasma an escape can be had from malarial infection or from yellow fever infection if attention is paid to mosquito generation, in preventing their breeding, when individuals happen in a country or a community where these two diseases may be prevailing.

These hints to keep well during the summer season are cast upon the soil of public thought and reason, with the hope that some may heed and that this additional effort of the State Health Authorities may result in saving life and in much personal and individual comfort.

Joseph Y. Porter,
State Health Officer.

Bill Nye's Cow Advertisement.

Bill Nye, the humorist, once had a cow to sell, the story goes, and advertised her as follows: "Owing to my ill health, I will sell at my residence in township 19, range 18, according to the government survey, one plush raspberry cow, aged 8 years. She is of undoubted courage, and gives milk frequently. To the man who does not fear death in any form she would be a great boon." She is very much attached to her present home with a stay chain, but she will be sold to any one who will treat her right. She is one fourth Shorthorn and three fourths hyena. I will also throw in a double barrel shot gun, which goes with her. In May she usually goes away for a week or two and returns with a tall, red calf with wobbly legs. Her name is Rose. I would rather sell her to a non-resident."

—Batten's Wedge.

Paid For Its Self.

"We think" wrote the manufacturers of printing machinery "that it is about time you were paying us something on the press you bought of us. It is now almost a year since you got it." "I warn't aware that I owed you anything," answered the editor of the Tall Grass Bazaar, by return mail. "You told me when I ordered the press that it would pay for itself in six months."

—Chicago News.

EAST COAST EXTENSION

A RATHER UNIQUE PIECE OF ROAD
OVER THE WATER.

Several Long Stretches of Trestle Work
Between the Keys—No Other
Road Like It.

Much has been said in the Florida papers, especially those of Jacksonville and Miami, about the extension of the Florida East Coast Railway over the Florida Keys to Key West, and much more probably will and can be said, for, to say the least, it will be a rather unique piece of work in the way of railroad construction.

While this piece of road will not cost as much as some roads have that have run over or through mountains, it still will be quite expensive, though not so much so as to claim any great attention in that regard, but the particular feature is that it will be built over a line of islands in the ocean and across shallow parts of the ocean itself and in two or more places, over comparatively deep water, where the waves of the Atlantic will beat with their full force against the roadbed.

This is the only road in the world to be built over such a queer and rather dangerous right of way, but, from the manner in which it will be built, about it is not quite all the danger will be eliminated, and a piece of track be constructed over which it will be more pleasant and interesting to ride than over any other piece of the same length in the world.

As to the man who has made this road a probability, he should be given all the praise that is justly his due. No fulsome flattery should be indulged in, nor should he be accused of doing it from a purely philanthropic spirit, for all such would be very wide of the mark.

H. M. Flagler, by a personal visit to Lake Worth, saw that it would pay to build a road to this point and he built it. Then, by personal investigation he also saw the possibilities of Miami and at once extended his road to that point. Now he sees the immense advantages of a road to Key West, and in spite of the many and great engineering problems to be overcome, he goes ahead to build this road.

These facts show, we think, that H. M. Flagler is, without doubt, one of the most far sighted business men in this or any other country to-day and his immense wealth enables him to carry out his plans and put his roads where needed without floating bonds or stock or calling on an outside capitalist for help in any way whatever. Mr. Flagler has simply seen what was needed, where it was needed, that it would pay, and has gone ahead quietly but persistently and energetically and carried out his plans, to his own profit and renown (though the latter he has not sought for) and to the great benefit of every section that has been reached by his roads, and of the country at large.

The full extent, possibilities and probabilities of the Key West extension Mr. Flagler may not live to see, but he is going ahead to build the road knowing that its hereafter is assured though he may not live to see it. When this extension is completed the Florida East Coast Railway will be as much or more political as well as commercial importance as any road in Florida, if not the world and no man probably is better aware of this fact than H. M. Flagler and consequently he deserves the credit for comprehending these facts and building the road. —Miami News.

A Monster Potato

If any one had ever supposed that the De Soto County farmer need go hungry, the sight of a 13½ pound sweet potato raised on the farm of Mr. A. D. Plowder near the head of Shell Creek and Telegraph Cypress 20 miles south of Arcadia would have dispelled the delusion.

As it rested on our desk its noble proportions brought to our mind visions of baked potato, fried potato and potato pie like mother used to make.

The presence of the monster potato to us to be a mute appeal to the farmer of the North where freezes in winter and roasts in summer, to truck South where the climate is the best in the world, the soil kind and generous and nature generally in her fairest moods.

Come, settlers, there is room for all.

I have for sale within the incorporated limits of Arcadia, desirably located, three tracts of land, fronting residence streets, and planted with fine bearing orange trees. One tract contains a good six room cottage, well built, 200 bearing trees and consists of two and one half acres. This tract I ask \$4000 for. The other two, each contain about 300 bearing trees each, but no buildings. Will sell at extremely reasonable figures. W. O. Ralls, Arcadia, Fla.

THROUGH THE STATE

ITEMS OF INTEREST CULLED FROM
OUR EXCHANGES.

Lee County Liberal Gift for State Fair—
Tarpon Fishing at Ft. Pierce—
Other Interesting News.

Lee County has appropriated \$700 for an exhibit at the Tampa Fair, with the right to raise the sum \$300 more if it is deemed necessary.

The champion tarpon of the season was captured last Monday by Messrs. Frank and Louis Depew near Tucker's cove. It tipped the scales at 123 pounds and furnished all the sport the fishermen were looking for.—St. Lucie Tribune.

Miami has a baseball team and the boys thought they could scrap anything on the East Coast. They got as far as West Palm Beach, where they were combed to a finish in the first game, the score being three to one. The Beach boys were loaded for the visitors and knew they could do the trick from the start.

State Health officer Porter says that dengue fever which prevailed last year in epidemic form in Key West, Tampa and Miami, has reappeared this year. It is well to be officially notified of things occasionally, otherwise we might not find them out.—Miami News.

The executive committee of Marion county is called to meet on the coming Saturday for the purpose of formulating an opinion on the Governor's action in appointing a county judge without waiting to hear from them. It is supposed that their opinion is identical with that of the boy whom the calf ran over. Even if they sue out a writ of mandamus, it will not effect the decision of the court. So, what's the use?—Punta Gorda Herald.

The Ocala Banner says Gov. Broward's name is "mud" in Marion county. His name would have been mud in the State in the campaign had the Banner possessed sufficient influence with the people to prevent his nomination. He is going on making the State the best and most conservative Governor it ever had, despite the fact that he is unable to please the esteemed Banner.—Tampa Herald.

All Florida is booming, East, West, North and South, in fact all around us is surging the roaring tidal wave of progress and prosperity—while narrowed here between the tide swamp and the "Georgy line" we of Jefferson snore peacefully. Our section is richly blessed. If we had not a glorious country here we couldn't drift along so easily. People will some day learn that Jefferson county has rich, red bottomed land and a splendid climate, and they'll come and get their share and push our sleepers off the map.—Monticello News.

Although the summer months in the South are looked upon by many people from a distance as exceedingly dull, within the past thirty days there has been considerable business activity in the State of Florida. Besides the many private enterprises in nearly every city of the State, the incorporation of several concerns with capital stock ranging from \$10,000 to \$300,000 are recorded. There is plenty of work for all who are seeking to earn an honest living, and the old saying that the people of Florida "skin alligators in the summer and Northerners in the winter for a livelihood," will have to be passed into innocuous desuetude.—Gainesville Sun.

CHARLOTTE HARBOR.

Mrs. Wesley Hull and children arrived here Friday from Pant City, on a visit to her brother, Mr. Alderman Hayman.

Mr. Tom Carlton of Arcadia and Mr. Filmore Mizelle of Pine Level were in our town one day of last week.

Little Beth and Tommie Jones, with their grand mother Mrs. T. S. Knight returned to their home in Valdosta, Ga., last week.

Mrs. Watrons left for Fort Ogden Friday to visit friends. From there she will return to her home at Cape Sable.

We are sorry to say that Mr. Sanders who came down for his health from Pine Level a week or two returned home not much improved.

Another load of cattle was shipped from Punta Gorda dock Friday.

Miss Lula Hayman is visiting at the home of Mr. Alderman Hayman.

Mr. Hiram Curry from Harbor View was in town Saturday.

Mr. E. O. Crane is doing a good business in the grocery store.

Mr. and Mrs. K. B. Harvey and niece of Punta Gorda, were here Sunday afternoon investigating.

GARDNER

Weather is extremely warm at present time.

Church was well represented here Saturday and Sunday from all points.

Prof. Smith from Stetson University was among our many visitors here Sunday.

The young folks of this place met at the school house and arranged a literature society which we hope will be of great interest to our community, the society will meet next Friday night week.

The program committee has a very interesting program arranged, we hope to see a large audience present.

Miss Vela Hynman of Ft. Meade, is visiting her sister Mrs. James Coker, Emma Lunn of this place.

Mrs. Addie McCorquodale of this place is on the sick list this week.

Mr. W. A. Stevens of Et. McCoy who has been visiting friends and relatives returned to his home last Thursday.

Miss Eugenia Swindall is also on the sick list.

There was a gloom cast over our community Sunday night by a sudden accident which we hope will prove not as serious as first thought.

Church had just been dismissed and the crowd was waiting for the rain to cease when suddenly there came a flash of lightning which shocked Miss Michael Coker, she was unconscious for eight hours had it not been for the great skill of Dr. Moore and the faithful working of the people it would have no doubt proved fatal, she was immediately taken to her home and laid on the ground and buckets of water was poured on her for about two hours then she was removed into the house and dry clothes put on.

It seems as if her worse time occurred after she was taken inside the house for there was a time that she did not breathe at all for twenty minutes but by the untiring labor of Dr. Moore in keeping up artificial breathing she recovered and is now gaining slowly and we all hope will soon be able to be up and also to enter school again at an early date.

A Charitable Husband.

"You don't seem to enjoy your dinner, dear," said the proof readers wife. "What's the matter?" "I was just wondering," he answered, "if there weren't some typhographical errors in that cook book of yours."—Cincinnati Enquirer.

AN ANCIENT CUSTOM.

Wassailing of Apple Trees Still Observed in Parts of England.

What is the wassailing of apple trees? This is an old custom, fast dying out, but still observed in parts of Somerset and Devon. At Wootton-Basset, near Minehead, the ceremony takes place on all Twelfth eve. All assemble at the farmhouse, and, after a hearty meal, form a procession to the nearest orchard, the master in front with a light, and men with old guns, blunderbusses and anything that makes a noise, in the rear. Plenty of cider is taken and some pieces of toast.

When the orchard is reached a ring is formed, and the master, in the center, seizes a branch and sings a verse beginning, "Oh, apple tree, I wassail thee, in hopes that thou wilt blow."

Then all shout in chorus:

Hatfuls, capfuls, three bushel bagfuls,
Barn corfuls, tulip holefuls,
And a little heap under the stairs.

Then follow cheers, drinking of healths, shouts of "Now, Tom Pod, we wassail thee!" and the placing of the pieces of toast, soaked in cider, among the branches for the robins.—London Answers.

Sit Up Straight.

Your backbone was not made for a barrel hoop, so do not curve it around, but rather straighten it out. God made man upright—not round shouldered, humpbacked or bending over.

If you bend over too much in your studies, get a lower seat. Saw the legs off from an old chair, and then sit down so low that your chin will come just above the table. Make the hind legs a little shorter than the fore legs, and then read and write with your arms on the table, and it will take out some of the crook from your back.

National Airs.

The national airs of great countries are short, while those of little countries are long. "God Save the King" is fourteen bars, the Russian hymn is sixteen bars and "Hail, Columbia" has twenty-eight bars. Siam's national hymn has seventy-six bars and that of Uruguay seventy, Chile forty-six, and so on. San Marino has the longest national hymn except that of China.

Clever Plan.

A lady invited to a very recherche musical party had met with an accident to her front teeth which there was no time to repair. She said, "I will come, and, as I dare not open my mouth, you must tell your friends I am deaf and dumb, but appreciate music."

PUNTA GORDA

VERSUS ARCADIA

TWO GAMES WERE PLAYED
WEDNESDAY.

MORNING AND AFTERNOON

The Arcadia Boys Were There With the Goods, and Twice Defeated Punta Gorda—Brilliant Playing by Both of the Teams.

Hurray for the spit-ball, the stobbery slant As it sings in its placid course, With Press behind it it does the work, And you holler yourself quite hoarse.

Two of the best games of ball seen in Arcadia for some time were played on Wednesday morning and afternoon. While Punta Gorda furnished the umpire for both games, and whose decisions, by the way, were fair and impartial and gave satisfaction to both sides, and while Punta Gorda, also had a Plant City pitcher, Roberson, it can be seen with the naked eye that what Arcadia did to the visitors was a plenty. Punta Gorda put up a good game, and hit the globule a few, but they were not in it from the start.

It can be seen at a casual glance that the Arcadia boys hit 'er a few in the first game, and went down the line on the jump, while the fans watched the globule race through the atmosphere. Press was at his best Wednesday, and when the box score is looked into it will be seen in a moment that but nine hits show up against the spit-ball vendor in the two games, while the pitcher from Punta Gorda was hit twelve times. Just to show the visitors we could do things in the first act, Arcadia led off with a three-base hit, and kept the visitors guessing what was going to happen next, which was a two bagger. After this, while it was close, the home team was never in danger of losing the game. Great credit is due Langford and Steele and they were ably supported by the entire team.

The attendance was about 500, and the fair sex were out in large numbers. Following is the line-up:

Arcadia.	Punta Gorda.
Steele, C.	Robinson, O.
Langford, P.	Willis, P.
King, Dick, 1st B.	McClain, C. 1st B.
King, Russel, 2d B.	Dewey, W. 2d B.
Campbell, 3d B.	Goldstine, 3d B.
Hooker, S.	Dewey, A. S.
Goldsmith, 1st.	McClain, G. 1st.
Cross & Jones, Cf.	Phillips, Cf.
Roe, Rf.	Vincent, Rf.

Hits off Willis, 1st game: One three-base hit; one two-base hit; three one-base hit.

Hits off Langford, 1st game: Two two-base hits; two one-base hit.

Hits off Willis, 2d game: One three-base hit; one two-base hit; five one-base hit.

Hits off Langford, 2d game: Two two-base hits; three one-base hit.

A Serious Condition.

The statement made in the editorial columns of the Times Union a few days since, that United States naval officers alarmed, or rather warned by the recent meeting aboard a Russian ship of war, had taken away the small arms from the American seaman, is enough to put every patriotic citizen of this country to thinking. 'Tis a well known fact that our navy is largely manned by foreign sailors and that the American "Jack Tar" fights shy of the service. Why is this the case? Who is to blame for the existing conditions and how can they be improved? Many theories may be advanced, but probably the fact that the strong, healthy young American, sees greater opportunities for advancement out of the service than in it, will account in a great measure, for the trouble. New vessels are constantly being launched and men must be found to man them. By all odds are American seamen preferred for this work, but the supply is small and does not seem to increase rapidly enough to meet the requirements of the navy department and in consequence, foreign sailors are signed. American sailors are proverbially patriotic and it cannot be that our naval officers expect or look for, any trouble with them. It must be then, the foreigner that is to be feared and guarded against. We believe that if the American sailor could look forward to high promotion, not to mere non-commissioned ship, if he merited it, that within a short time ample material to meet all requirements of the navy, even if it grew twice as fast as it is, would be available. The service should be made more attractive and promotions for merit surer than they now are. Annapolis should not be expected to furnish all the officers. If the young American realizes that by hard study and proficiency, he can become an officer and eventually reach the highest branches of the service, the navy will quickly become popular and seamen sought after. Then the sailors can be trusted with their arms and their officers can depend upon them.